

COOKING TECHNIQUES:

Sauté, Simmer

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Simmer & Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Brunoise: 1/8-in. dice

NUTRITION:

Calories: 302

Fat: 20.9 g

Protein: 9.15 g

Risotto Milanese

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

INGREDIENTS

2 oz.	Olive oil
8 oz.	Onion, peeled and diced brunoise
20 oz.	Arborio rice
2 qt.	White chicken stock, or as needed, heated to boil
5 oz.	Butter
3 oz.	Parmesan cheese, grated
	Salt and ground white pepper, to taste

METHOD OF PREPARATION:

1. In a sauté pan, heat the oil; add the onions, and sauté until translucent.
2. Add the rice, and stir to coat with oil.
3. Add 1 qt. of stock, stir, and cook on low heat, uncovered, until the stock is absorbed.
4. Add additional stock, and continue to cook, stirring occasionally.
5. Continue to add stock, stirring frequently, until the rice is soft but not mushy.
6. Remove from the heat, and stir 8 oz. of stock into the rice in a rapid movement.
7. Add the butter and cheese, and incorporate. Taste, and add the seasoning.
8. Serve as an individual dish with no other items on the plate.

**CHEF NOTE:**

This rice can be made with many different additions or variations. The most popular is saffron.